

Occupational Therapy TOOLKIT

Donning Your Prosthesis and Socks

Be sure your prosthesis and socks have been cleaned and thoroughly dried before donning. Wear a fresh sock everyday. Your residual limb should be clean and dry.

Before donning your prosthesis, inspect your leg with a mirror for any areas of redness, breakdown or tenderness.

Place a sock(s) over the end of your residual limb before donning your prosthesis. The socks protect your skin from injury and sores. Apply each sock one at a time. Place all seams facing out.

Wear enough socks to hold your limb properly down in the prosthesis, and to prevent movement up and down inside the prosthesis.

Be sure that your socks fit closely, without any folds or wrinkles. Folds and wrinkles cause increased pressure on the skin that can lead to skin irritation and breakdown and decrease circulation.

Do not put band-aids or tape on your leg before wearing your prosthesis.

Once the socks are on, the prosthesis may be donned slowly and gently.